

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Schwimmen	Pos S	Rad	Pos R	Zwischenzeit	Pos ZZ	Laufen	Pos L	Gesamtzeit	Altersklasse	Start-Nr.
1	Nothbaar, Jan Hendrik	91	Tri Michels Hamburg	0:07:45 h	2	0:40:01 h	3	0:47:46 h	1	0:18:16 h	3	1:06:02 h	M AK 20	824
2	Wiebe, Nicholas	75	Tri Team Hamburg	0:08:14 h	4	0:41:42 h	6	0:49:56 h	6	0:17:58 h	1	1:07:54 h	M AK 40	816
3	Lückert, Tobias	74	USC Kiel	0:07:38 h	1	0:40:51 h	4	0:48:29 h	2	0:20:07 h	9	1:08:36 h	M AK 40	764
4	Schluricke, Sebastian	80	TriAs Flensburg	0:08:57 h	15	0:39:52 h	2	0:48:49 h	3	0:20:30 h	12	1:09:19 h	M AK 35	753
5	Hagedorn, Patrick	92		0:08:09 h	3	0:42:32 h	9	0:50:41 h	7	0:18:59 h	5	1:09:40 h	M AK 20	743
6	Wegener, Ronny	73	USC Kiel	0:08:31 h	9	0:41:23 h	5	0:49:54 h	5	0:20:02 h	8	1:09:56 h	M AK 40	826
7	Kretz, Philip	86	Tri Michels HH	0:09:56 h	44	0:42:29 h	8	0:52:25 h	12	0:18:13 h	2	1:10:38 h	M AK 25	769
8	Jaekel, Carsten	70		0:08:22 h	7	0:43:11 h	11	0:51:33 h	8	0:19:08 h	6	1:10:41 h	M AK 45	766
9	Pielbusch, Sebastian	81	1. FC Kaiserslautern	0:08:41 h	11	0:43:42 h	16	0:52:23 h	10	0:18:20 h	4	1:10:43 h	M AK 30	830
10	Benecke, Torben	75	TriAs Flensburg	0:09:39 h	32	0:39:31 h	1	0:49:10 h	4	0:21:52 h	28	1:11:02 h	M AK 40	836
11	Johannsen, Leif	97	SG Athletico Büdelsdorf	0:08:26 h	8	0:43:10 h	10	0:51:36 h	9	0:21:22 h	22	1:12:58 h	M JUN	789
12	Lierow, Wolfgang	70	Möllner SV	0:10:02 h	46	0:42:21 h	7	0:52:23 h	10	0:21:00 h	17	1:13:23 h	M AK 45	758
13	Surtmann, Tom	80		0:08:50 h	13	0:43:35 h	14	0:52:25 h	12	0:21:11 h	19	1:13:36 h	M AK 35	783
14	Hassa, Dominik	88	Freiwillige Feuerwehr Nübbel	0:09:45 h	37	0:43:24 h	13	0:53:09 h	14	0:20:36 h	13	1:13:45 h	M AK 25	731
15	Petersen, Thomas	67	TriAs Flensburg	0:09:05 h	21	0:44:22 h	19	0:53:27 h	16	0:21:12 h	20	1:14:39 h	M AK 45	786
16	Preußer, Timo	90	SG Athletico Büdelsdorf	0:08:16 h	6	0:46:19 h	27	0:54:35 h	19	0:20:25 h	10	1:15:00 h	M AK 25	736
17	Potten, Jan-Niklas	88	SG Wasserratten Norderstedt	0:09:52 h	41	0:43:23 h	12	0:53:15 h	15	0:21:51 h	27	1:15:06 h	M AK 25	707
18	Wiegner, Björn	85	Sport-Club-Itzehoe	0:10:11 h	47	0:43:41 h	15	0:53:52 h	17	0:22:06 h	30	1:15:58 h	M AK 30	738
19	Dannenberg, Hans-Peter	62	SG Athletico Büdelsdorf	0:09:01 h	19	0:45:56 h	24	0:54:57 h	21	0:21:08 h	18	1:16:05 h	M AK 50	718
20	Müller, Wolfgang	70	1 Flensburger Laufftreff	0:09:12 h	26	0:46:00 h	25	0:55:12 h	23	0:20:57 h	16	1:16:09 h	M AK 45	803
21	Reinelt, Martin	73	Bokelholmer SV	0:09:10 h	24	---	---	---	---	---	---	1:16:15 h	M AK 40	812
22	Mikkelsen, Ruben	72	Trias Flensburg	0:10:46 h	66	0:44:09 h	17	0:54:55 h	20	0:21:23 h	23	1:16:18 h	M AK 40	831
23	Lankau, Tim	78		0:09:00 h	18	0:46:38 h	28	0:55:38 h	26	0:20:53 h	14	1:16:31 h	M AK 35	726
24	Sticken, Gunnar	74		0:08:48 h	12	0:45:38 h	22	0:54:26 h	18	0:22:07 h	31	1:16:33 h	M AK 40	800
25	Mühlberger, Nils	81		0:10:18 h	51	0:45:05 h	20	0:55:23 h	24	0:21:39 h	25	1:17:02 h	M AK 30	818
26	Gaasch, Bernd	62	Borener SV	0:10:12 h	48	0:47:03 h	35	0:57:15 h	36	0:19:55 h	7	1:17:10 h	M AK 50	813
27	Schlömer, Karl-Heinz	64	MTV Heide	0:10:13 h	49	---	---	---	---	---	---	1:18:50 h	M AK 50	827
28	Benjamins, Arno	87	Trivelos Flensburg	0:08:58 h	16	0:48:35 h	45	0:57:33 h	38	0:21:27 h	24	1:19:00 h	M AK 25	814
29	Gilgen, Jens-Uwe	62	MTV Leck-Well Gym	0:10:47 h	67	0:45:44 h	23	0:56:31 h	30	0:22:34 h	35	1:19:05 h	M AK 50	755
30	Blodau, Marco	74	USC Kiel	0:10:43 h	61	0:44:14 h	18	0:54:57 h	21	0:24:21 h	58	1:19:18 h	M AK 40	821
31	Schnoor, Lisa	94	USC Kiel	0:09:59 h	45	0:47:13 h	38	0:57:12 h	35	0:22:34 h	35	1:19:46 h	W AK 20	733
32	Möller, Clemens	67	SV Langwedel	0:09:52 h	41	0:48:04 h	43	0:57:56 h	40	0:22:03 h	29	1:19:59 h	M AK 45	777
33	Doormann, Christoph	79	MTV Meggerdorf	0:09:07 h	22	0:47:55 h	41	0:57:02 h	33	0:23:03 h	40	1:20:05 h	M AK 35	710
34	Kläschen, Nils	69	BSG Philips LG	0:09:46 h	38	0:47:00 h	34	0:56:46 h	32	0:23:23 h	44	1:20:09 h	M AK 45	810
35	Schrum, Stefan	69	SV Wiking Kiel	0:09:14 h	27	0:46:59 h	33	0:56:13 h	29	0:24:00 h	52	1:20:13 h	M AK 45	716
36	Caliebe, Alexander	70		0:09:18 h	28	0:46:54 h	32	0:56:12 h	28	0:24:22 h	59	1:20:34 h	M AK 45	802
37	Matheszick, Christian	80		0:10:29 h	56	0:49:42 h	54	1:00:11 h	56	0:20:29 h	11	1:20:40 h	M AK 35	735

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Schwimmen	Pos S	Rad	Pos R	Zwischen- zeit	Pos ZZ	Laufen	Pos L	Gesamtzeit	Alters- klasse	Start- Nr.
38	Koch, Stefan	78		0:10:50 h	69	0:46:14 h	26	0:57:04 h	34	0:24:07 h	54	1:21:11 h	M AK 35	835
39	Haltenhof, Jan	91		0:09:38 h	31	0:47:05 h	36	0:56:43 h	31	0:24:32 h	61	1:21:15 h	M AK 20	799
40	Bartsch, Margit	54	SG Athletico Büdelsdorf	0:10:20 h	53	0:47:11 h	37	0:57:31 h	37	0:23:47 h	50	1:21:18 h	W AK 60	806
41	Sudmann, Sven	72		0:09:08 h	23	0:46:41 h	30	0:55:49 h	27	0:25:49 h	72	1:21:38 h	M AK 40	829
42	Putzer, Jörg	67		0:10:14 h	50	0:45:11 h	21	0:55:25 h	25	0:26:25 h	75	1:21:50 h	M AK 45	711
42	Busch, Malte	67	TSV Schleswig	0:09:36 h	30	---	---	---	---	---	---	1:21:50 h	M AK 45	797
44	Reimann, Torsten	87	TSV Ladelund	0:09:44 h	36	0:48:36 h	46	0:58:20 h	43	0:23:39 h	48	1:21:59 h	M AK 25	722
45	Koffner, Stefan	66	BSG Philips LG	0:10:45 h	64	0:49:05 h	48	0:59:50 h	53	0:22:34 h	35	1:22:24 h	M AK 45	811
46	Lierow, Justus	99	Möllner SV	0:08:15 h	5	0:49:40 h	53	0:57:55 h	39	0:24:35 h	62	1:22:30 h	M JA	759
47	Spross, Gerrit	99	Sport-Club Itzehoe	0:08:53 h	14	0:49:11 h	49	0:58:04 h	41	0:24:27 h	60	1:22:31 h	M JA	739
48	Wall, Andreas	79	SG Athletico Büdelsdorf	0:10:51 h	70	0:48:29 h	44	0:59:20 h	48	0:23:25 h	46	1:22:45 h	M AK 35	757
49	Schütz, Wulf	74	ALG-VfL Bokel	0:10:32 h	57	0:49:51 h	57	1:00:23 h	57	0:22:25 h	34	1:22:48 h	M AK 40	706
50	Koch, Thorsten	62		0:09:26 h	29	0:49:53 h	58	0:59:19 h	47	0:23:39 h	48	1:22:58 h	M AK 50	804
51	Landsberger, Nina	77	USC Kiel	0:09:39 h	32	0:51:10 h	69	1:00:49 h	61	0:22:38 h	38	1:23:27 h	W AK 35	785
52	Weber, Gerald	80		0:11:25 h	73	0:48:40 h	47	1:00:05 h	55	0:23:30 h	47	1:23:35 h	M AK 35	712
53	Werner, Christian	87		0:11:39 h	77	---	---	---	---	---	---	1:23:53 h	M AK 25	807
54	Jandt, Beeke	83	USC Kiel	0:13:14 h	96	0:49:23 h	51	1:02:37 h	69	0:21:21 h	21	1:23:58 h	W AK 30	763
55	Schönebeck, Susanne	74	Sport-Club Itzehoe	0:10:27 h	55	0:50:14 h	61	1:00:41 h	60	0:23:23 h	44	1:24:04 h	W AK 40	700
56	Große, Dirk	69	SG Athletico Büdelsdorf	0:10:36 h	58	0:50:24 h	63	1:01:00 h	62	0:23:14 h	42	1:24:14 h	M AK 45	751
57	Werther, Andreas	69	TriAs Flensburg	0:09:11 h	25	0:49:14 h	50	0:58:25 h	44	0:26:07 h	74	1:24:32 h	M AK 45	805
58	Sancristobal, Marco	75	Danfoss Power Solutions	0:09:39 h	32	0:51:37 h	75	1:01:16 h	63	0:23:18 h	43	1:24:34 h	M AK 40	781
59	Rennekamp, Gunnar	78	USC Kiel	0:12:31 h	87	0:51:14 h	71	1:03:45 h	78	0:20:53 h	14	1:24:38 h	M AK 35	828
60	Steinort, Nils	62	Wismar	0:11:59 h	81	0:48:03 h	42	1:00:02 h	54	0:24:38 h	63	1:24:40 h	M AK 50	791
61	Kaven, Martin	88	Triabolos Triathlon Hamburg	0:09:04 h	20	0:50:17 h	62	0:59:21 h	49	0:25:34 h	69	1:24:55 h	M AK 25	725
62	Heil, Robert	62	USC Kiel	0:08:37 h	10	0:50:54 h	67	0:59:31 h	51	0:25:33 h	68	1:25:04 h	M AK 50	762
63	Dohse, Vibeke	81	BSG HanseWerk	0:09:48 h	39	0:49:45 h	55	0:59:33 h	52	0:25:54 h	73	1:25:27 h	W AK 30	788
64	Coen, Reiner	61	TSV Malente	0:09:50 h	40	0:50:41 h	64	1:00:31 h	58	0:25:03 h	65	1:25:34 h	M AK 50	771
64	Lorenzen, Gyde	87	Grenzland Reit- und Fahrvere	0:13:42 h	103	0:49:36 h	52	1:03:18 h	72	0:22:16 h	32	1:25:34 h	W AK 25	787
66	Lierow, Wolfgang	42	TriFun Güstrow	0:12:25 h	85	0:46:39 h	29	0:59:04 h	46	0:26:38 h	79	1:25:42 h	M AK 70	782
67	Jochims, Ralf	64	SSV Süderdorf	0:12:27 h	86	0:50:04 h	60	1:02:31 h	68	0:23:13 h	41	1:25:44 h	M AK 50	825
68	Groth, Kimberly	79	Sport-Club-Itzehoe	0:08:58 h	16	0:49:55 h	59	0:58:53 h	45	0:26:55 h	82	1:25:48 h	W AK 35	737
69	Füser, Bastian	77		0:11:03 h	72	0:50:45 h	65	1:01:48 h	64	0:24:08 h	55	1:25:56 h	M AK 35	778
70	Petersen, Helge	75	BSG HanseWerk Triathlon/Rc	0:11:46 h	78	0:51:36 h	74	1:03:22 h	74	0:22:51 h	39	1:26:13 h	M AK 40	728
71	Jensen, Stig Vendelboe	69	Aaig Aabenraa	0:11:30 h	76	0:51:28 h	72	1:02:58 h	70	0:23:56 h	51	1:26:54 h	M AK 45	809
72	Garrelts, Erich	65		0:10:38 h	59	0:47:38 h	39	0:58:16 h	42	0:28:45 h	92	1:27:01 h	M AK 50	822
73	Börner, Daniel	82		0:10:45 h	64	0:49:46 h	56	1:00:31 h	58	0:26:58 h	83	1:27:29 h	M AK 30	734
74	Hilliger, Sebastian	77	SvM	0:12:42 h	91	0:46:44 h	31	0:59:26 h	50	0:28:28 h	91	1:27:54 h	M AK 35	801

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Schwimmen	Pos S	Rad	Pos R	Zwischen- zeit	Pos ZZ	Laufen	Pos L	Gesamtzeit	Alters- klasse	Start- Nr.
75	Kaack, Heike	58	SG Atheltico Büdelsdorf	0:09:54 h	43	0:54:01 h	85	1:03:55 h	79	0:24:10 h	56	1:28:05 h	W AK 55	792
76	Schirmeyer, Dr. Stefan	64	VfL Pinneberg	0:09:40 h	35	0:53:38 h	83	1:03:18 h	72	0:25:25 h	67	1:28:43 h	M AK 50	796
77	Besler, Wolfgang Michael	61	TSV-Ladelund	0:11:26 h	74	0:51:46 h	77	1:03:12 h	71	0:25:37 h	71	1:28:49 h	M AK 50	834
78	Lorenz, Christian	77	BSG HanseWerk	0:12:45 h	92	0:53:49 h	84	1:06:34 h	87	0:22:23 h	33	1:28:57 h	M AK 35	702
79	Langmaack, Ole	80	BSG Schleswig Holstein Netz	0:10:43 h	61	0:51:39 h	76	1:02:22 h	67	0:26:52 h	81	1:29:14 h	M AK 35	720
80	Voigt, Jan	66	BSG SH-Netz Rennrad Triath	0:13:17 h	98	0:50:50 h	66	1:04:07 h	81	0:25:19 h	66	1:29:26 h	M AK 45	730
81	Straub, Björn	75		0:10:40 h	60	0:51:10 h	69	1:01:50 h	65	0:27:51 h	86	1:29:41 h	M AK 40	779
82	Hartung, Anke	65	BSG AKN Eisenbahn AG	0:11:51 h	79	0:54:07 h	86	1:05:58 h	86	0:24:00 h	52	1:29:58 h	W AK 50	794
83	Bohl, Thorsten	69	BSG HanseWerk	0:15:50 h	114	0:52:41 h	79	1:08:31 h	90	0:21:49 h	26	1:30:20 h	M AK 45	704
84	Templin, Anja	68	SG Athletico Büdelsdorf	0:10:21 h	54	0:53:36 h	82	1:03:57 h	80	0:26:26 h	76	1:30:23 h	W AK 45	765
85	Jost, Jennifer	92		0:11:56 h	80	0:51:35 h	73	1:03:31 h	75	0:27:04 h	84	1:30:35 h	W AK 20	749
86	Meitzner, Nico	68	kein Verein	0:11:28 h	75	0:54:26 h	89	1:05:54 h	84	0:24:43 h	64	1:30:37 h	M AK 45	714
87	Bolz, Stefan	65	LAV Husum	0:10:58 h	71	0:52:40 h	78	1:03:38 h	76	0:27:21 h	85	1:30:59 h	M AK 50	715
88	Spross, Jürgen	66	Team Erdinger Alkoholfrei	0:14:36 h	111	0:47:43 h	40	1:02:19 h	66	0:29:03 h	93	1:31:22 h	M AK 45	740
89	Gnoyke, Matthias	72	Team-Erdinger-Alkoholfrei	0:13:59 h	107	0:54:52 h	90	1:08:51 h	92	0:24:13 h	57	1:33:04 h	M AK 40	713
90	Mögeltönder, Jasmin	84		0:12:03 h	82	0:53:03 h	80	1:05:06 h	82	0:28:22 h	89	1:33:28 h	W AK 30	719
91	Borchers, Kurt	63		0:12:37 h	89	0:51:02 h	68	1:03:39 h	77	0:30:38 h	97	1:34:17 h	M AK 50	721
92	Pöhlmann, Axel	49		0:13:30 h	99	0:55:57 h	94	1:09:27 h	94	0:26:26 h	76	1:35:53 h	M AK 65	705
93	Gramsch, Benjamin	79		0:12:33 h	88	0:53:24 h	81	1:05:57 h	85	0:30:03 h	95	1:36:00 h	M AK 35	752
94	Nassiri, Alexander	80	Danfoss	0:10:44 h	63	0:56:09 h	95	1:06:53 h	88	0:29:38 h	94	1:36:31 h	M AK 35	823
95	Grünberg Gilgen, Birte	63	MTV Leck	0:12:41 h	90	---	---	---	---	---	---	1:36:59 h	W AK 50	756
96	Rohwer, Nils	71	BSG Triathlon-Rennrad	0:13:47 h	104	0:55:43 h	93	1:09:30 h	95	0:28:26 h	90	1:37:56 h	M AK 40	727
97	Kaven, Christian	58		0:13:12 h	95	0:54:25 h	88	1:07:37 h	89	0:30:33 h	96	1:38:10 h	M AK 55	724
98	Barke, Julia	74		0:10:47 h	67	1:02:26 h	104	1:13:13 h	101	0:25:35 h	70	1:38:48 h	W AK 40	708
99	Tiessen, Oliver	71	BSG SH-Netz Rennrad Triath	0:13:30 h	99	0:57:15 h	98	1:10:45 h	97	0:28:12 h	88	1:38:57 h	M AK 40	709
100	Badawy, Madeeh	74		0:17:21 h	117	0:54:10 h	87	1:11:31 h	98	0:27:51 h	86	1:39:22 h	M AK 40	820
101	Dutz, Sören	78	Haus Söby	0:14:03 h	108	0:59:23 h	102	1:13:26 h	102	0:26:44 h	80	1:40:10 h	M AK 35	772
102	Parnow, Jürgen	65	Bredenbeker Renntiere	0:12:14 h	83	0:56:37 h	96	1:08:51 h	92	0:31:31 h	99	1:40:22 h	M AK 50	729
103	Juhnke, Dennis	94	Haus Söby	0:17:49 h	121	---	---	---	---	---	---	1:40:49 h	M AK 20	773
104	Matzen, Bianca	67	Borener SV	0:10:18 h	51	0:55:03 h	91	1:05:21 h	83	0:35:54 h	106	1:41:15 h	W AK 45	761
105	Wobser, Thomas	69		0:15:13 h	112	---	---	---	---	---	---	1:43:00 h	M AK 45	717
106	Dilschmann, Jörg	69	Sport-Club Itzehoe	0:13:15 h	97	---	---	---	---	---	---	1:43:39 h	M AK 45	748
107	Horstmann, Steffen	71	team lauschbar	0:13:53 h	106	0:58:18 h	101	1:12:11 h	99	0:31:45 h	100	1:43:56 h	M AK 40	793
108	Müller, Jan	93		0:12:19 h	84	0:57:33 h	99	1:09:52 h	96	0:34:21 h	103	1:44:13 h	M AK 20	767
109	Möller, Sönke	69		0:17:14 h	116	---	---	---	---	---	---	1:44:21 h	M AK 45	742
110	Damm, Jörg	81	Löschzug-Gefahrgut	0:16:38 h	115	---	---	---	---	---	---	1:44:38 h	M AK 30	723
111	Knölk, Benno	42	SVT Neumünster	0:17:47 h	120	1:01:08 h	103	1:18:55 h	104	0:26:31 h	78	1:45:26 h	M AK 70	770

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Schwimmen	Pos S	Rad	Pos R	Zwischen- zeit	Pos ZZ	Laufen	Pos L	Gesamtzeit	Alters- klasse	Start- Nr.
112	Wiling, Julia	84	SG Athletico Büdelsdorf	0:12:53 h	93	0:55:39 h	92	1:08:32 h	91	0:37:25 h	107	1:45:57 h	W AK 30	703
113	Hansen, Svenja	96		0:17:27 h	118	0:57:01 h	97	1:14:28 h	103	0:33:14 h	101	1:47:42 h	W JUN	768
114	Schwarzer, Thomas	56	Haus Söby	0:14:32 h	110	0:57:50 h	100	1:12:22 h	100	0:35:38 h	105	1:48:00 h	M AK 55	776
115	Hähling, Ulrich	68		0:17:32 h	119	---		---		---		1:48:36 h	M AK 45	701
116	Block, Lara-Josephine	91		0:13:35 h	102	---		---		---		1:52:28 h	W AK 20	760
117	Hildebrandt, Rüdiger	43	LTV Kiel-Ost	0:15:13 h	112	1:05:17 h	105	1:20:30 h	106	0:33:46 h	102	1:54:16 h	M AK 70	798
118	Friedel, Simone	80		0:13:32 h	101	1:06:26 h	106	1:19:58 h	105	0:38:18 h	108	1:58:16 h	W AK 35	741
119	Krowiors, Sebastian	97	Haus Söby	0:13:05 h	94	1:15:34 h	107	1:28:39 h	107	0:30:48 h	98	1:59:27 h	M JUN	774
120	Schröder, Tobias	97	Haus Söby	0:13:48 h	105	---		---		---		2:07:26 h	M JUN	775
121	Degener, Björn	80		0:14:14 h	109	1:18:54 h	108	1:33:08 h	108	0:35:27 h	104	2:08:35 h	M AK 35	784